

Maven & Fertility Solutions Plus for Greenberg-Traurig

● NOVEMBER 11, 2025

∞ MAVEN

The expectation

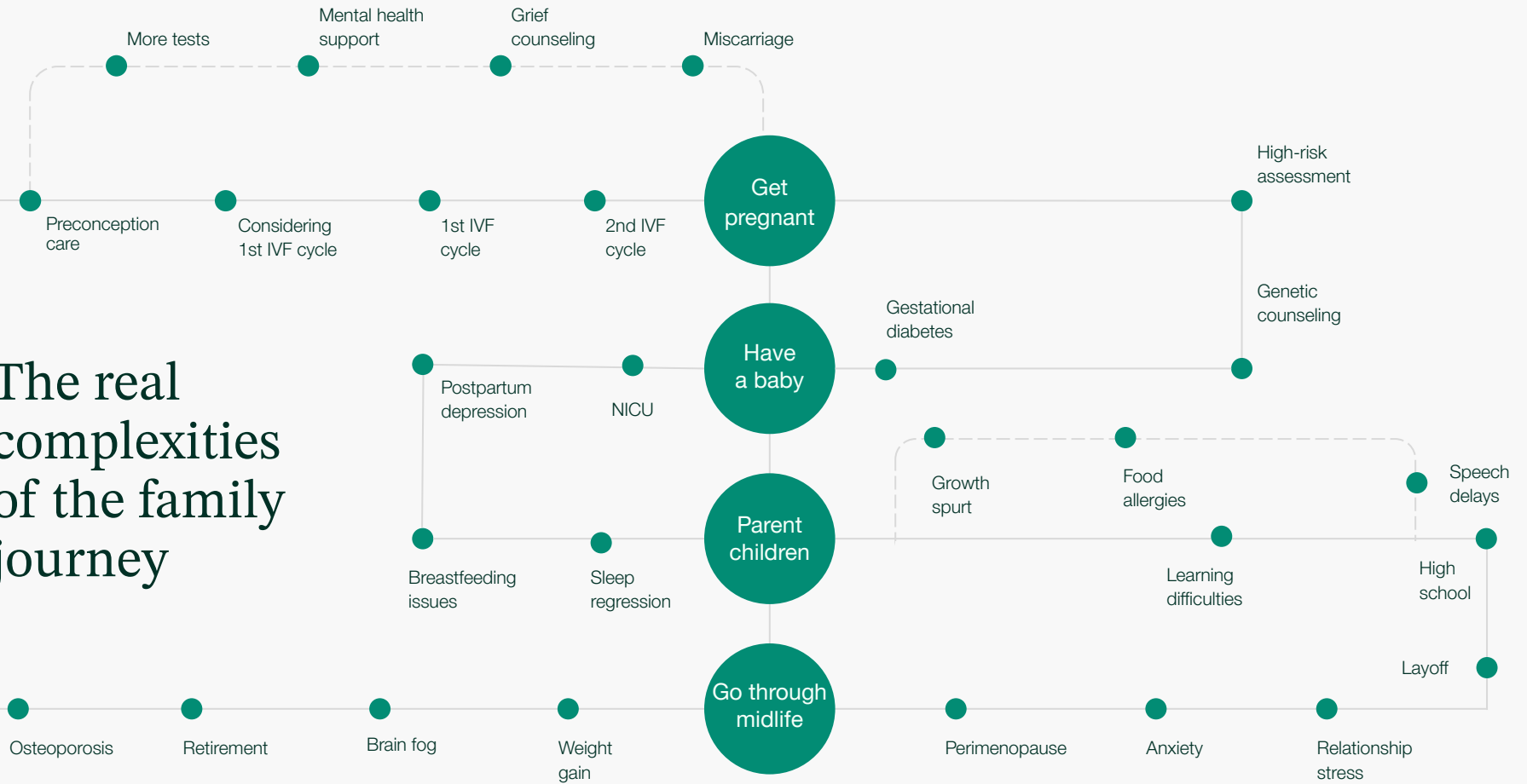
Get pregnant

Have a baby

Parent children

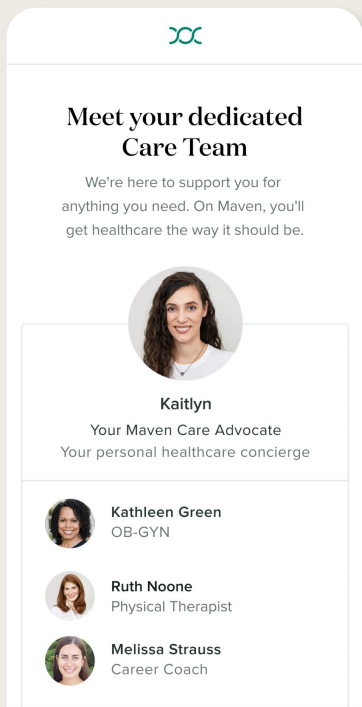
Go through midlife

The real complexities of the family journey

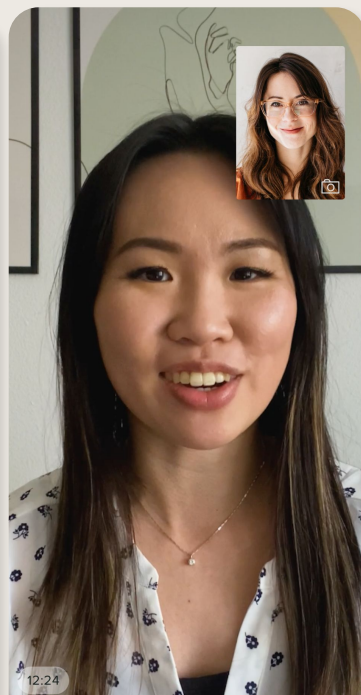
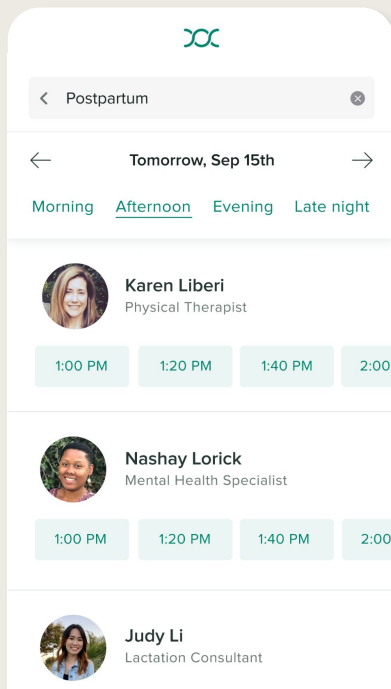


With Maven, every member has 24/7 access to:

A personalized,
dedicated Care Advocate



Unlimited video appointments or messaging
with 35+ types of doctors, specialists and
coaches



On-demand classes, community
forums and expert-approved articles



The care advocate that everyone deserves.

Our Care Advocates are here to help you:

- Navigate the ups and downs of your family-health or family-building journey
- Build a personalized care team of providers based on your needs
- Find in-person providers and make referrals
- Understand your employer's healthcare benefits

Our Care Advocates are here for you day or night:

- **<1 hour** average response time, 24/7/365
- **<48 hours** turnaround time for in-person, in-network referrals

Meet Kaitlyn



Your Care Advocate

Hi, I'm Kaitlyn, your Care Advocate. Message me at any time for help with anything you need, including but not limited to:



Connecting you to the right specialists over video chat and messaging.



Get referrals to top in-person, in-network specialists in your area.



Get help navigating your company

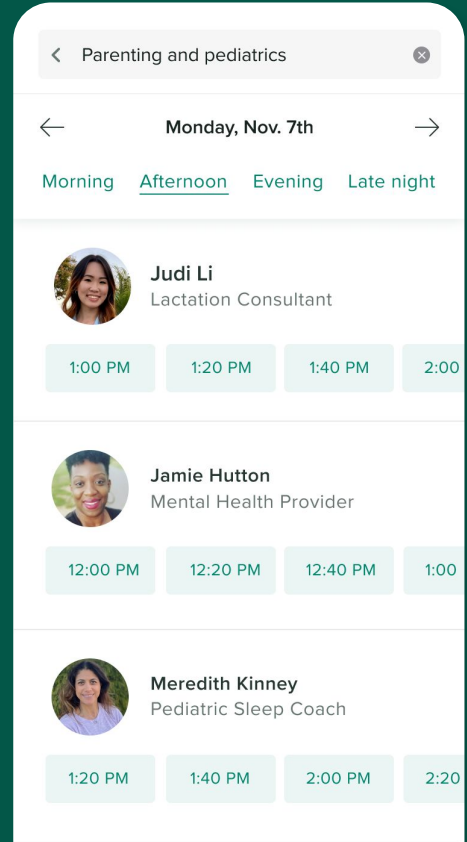
24/7, on-demand access to virtual support

Your free Maven membership includes:

- Unlimited coaching and education through video appointments or messaging
- Access to a network of more than 35+ types of reproductive and family health providers available anytime day or night, including:
 - Mental health providers
 - Doulas
 - Nutritionists
 - OB-GYNs
 - Career coaches
- Access to providers who speak 35+ languages—with Spanish, Hindi, French, German, Italian & Hebrew being most popular

“ I just felt a little more comfortable speaking with someone who was African American, because sometimes I feel like I'm trying to be an advocate for myself and it's just still not working.

Maven Member




Expert-approved resources

Navigating your family-health or family-building journey can be overwhelming—find trusted support and guidance with our expert-approved library of resources—from classes to forums.

On-demand classes

< How to manage stress and anxiety



ON-DEMAND CLASS

How to manage stress and anxiety

Led by Kristen Routh
Mental Health Provider

Learn effective techniques to help you better manage stress and anxiety, from Mental Health Integrative Medicine Provider Kristen Routh.

Watch class


Live classes

Learn

Unselected Selected

Learn how you like to

Watch on-demand classes any time, or join events for Q&A with our experts.



Join virtual events [View all](#)

NOV 10 **Breastfeeding 101**
7:00 - 8:00 PM
Led by a Lactation Consultant

On-demand classes [View all](#)

Sleep training

Articles

< How to manage common...





ON-DEMAND CLASS

How to manage common menopause symptoms

Led by Jane Smith
Maven OB/GYN

Hot flashes, night sweats, mood

Community forums



Pediatrics & Parenting Fertility

My posts and replies

Trending posts

IVF Help

I'm starting the IVF process soon. Any advice on managing cost and resources available? Any feedback would be appreciated. It feels ove...

Anonymous · Fertility

3 1 provider reply

My 10 week old won't take a bottle

My 10 week old son won't take a bottle from his dad. We've tried so many times and come up with our poor baby in tears and my husband...

Shanon122387 · Pediatrics & Parenting

Maven & Fertility Solutions Plus for Greenberg-Traurig

Free 24/7 unlimited support for **all US-based, UHC-enrolled GT employees + their covered spouses, partners, and dependents up to age 26***

Enrollable tracks **bolded** below

Maven Family Building & Fertility Solutions Plus

Preconception support track

Fertility Preservation support track
(egg/sperm/embryo freezing)

Fertility Treatment support track (UI or IVF)

- Access to Optum Fertility Solutions Plus Nurse case managers & COE network
- Reproductive endocrinologists
- Male fertility

Adoption support track

Surrogacy support track

Expense reimbursement via Maven Wallet*

*Maven Wallet for eligible Adoption & Surrogacy expenses available to both UHC-enrolled & medical opt-out employees

Maternity & Newborn Support

21-Month Maternity support track

21-Month Partner Maternity support track

Miscarriage & Loss support track

Return-to-Work Coaching

Newborn Support

Parenting & Pediatrics support track

Pediatric Care

Parent Coaching

Family Medicine

Special Needs Support

Childcare Navigation

Menopause & Midlife Health support track

Perimenopause

Menopause

Postmenopause

HRT Support

Hormonal Health


Early Intervention

Together, UHC-Optum and Maven have partnered to develop a joint solution: Fertility Solutions Plus


Maven as the front door

Meet your dedicated Care Team


We're here to support you for anything you need. On Maven, you'll get healthcare the way it should be.




Amira El-Behiri
Your Maven Care Advocate
Your personal healthcare concierge




Lindsay Maggio
High-Risk OB-GYN



Brian Levine
Reproductive Endocrinologist



Mercedes Samudio
Mental Health Specialist



Morgan Jackson
Lactation Consultant

UHC-enrolled employees + their covered partners, spouses, and dependents up to age 26

Easy benefit navigation

Fertility Preservation, Fertility Treatment (IUI, IVF)

Fertility Solutions Plus
Expert fertility nurses, Centers of Excellence, utilization management for fertility treatments (preservation, IUI, IVF)


Preconception

Adoption

Surrogacy

Continue using Maven for unlimited education and coaching, plus navigation to adoption and surrogacy agencies

Ongoing virtual support



Nashay Lorick
Mental Health Provider
14 years of experience


Today's availability

10:00 AM 10:30 AM 11:00 AM 11:30 AM ON-DEMAND CLASSES

Watch video bio

Sub-specialties
Relationships, IVF/IUI support, Relationship issues, Postpartum, Life transitions, Breathing techniques, Relaxation techniques, Stress and anxiety, Depression,

See all available times
Send a message



Childbirth education 101 for LGBTQIA+

Childbirth education 101 for LGBTQIA+

Let by CE Durfee
Maven Doula

Understanding the steps of labor & delivery can help you feel more relaxed and confident as you head into the home stretch of your pregnancy. Watch "Childbirth education 101 for LGBTQIA+" to learn everything you need to know.

Home Get Care Learn Community My

Fertility & Family Building

Support in the palm of your hand for every step of starting and growing your family

Get support with things like:

- Trying to conceive without treatment
- Tracking your cycle
- Egg or sperm freezing
- Managing PCOS while trying to conceive
- Expert advice & second opinions for fertility treatment plans
- Referrals to highly vetted in-person fertility clinics
- Navigating the adoption or surrogacy process
- Supporting your mental health



Top providers booked in the Fertility & Family Building program include:

- Reproductive Endocrinologists
- Fertility Awareness Educators
- Adoption & Surrogacy coaches
- Mental health providers
- Wellness coaches
- Career coaches

Maternity & Newborn Support

Free virtual support for those sleepless nights, first smiles, and everything in between.

Get support with things like:

- Childbirth education
- Creating a birth plan
- Postpartum recovery
- Breastfeeding, bottle feeding, and starting solids
- Navigating infant sleep
- Managing your mental health
- Returning to work
- Miscarriage and loss support



Top providers booked in the Maternity program include:

- Doulas
- Childbirth Educators
- OB-GYNs
- Mental Health Providers
- Lactation Consultants
- Birth Planning Specialists

Support for partners

Maven supports partners through the joys and challenges of family building.

Partners can use Maven to:

- Access resources to learn how to support their partner during pregnancy & postpartum
- Attend appointments together from home
- Take care of their mental health and manage stress and anxiety
- Manage work/life balance with a career coach
- Navigate newborn & pediatric care



Parenting and Pediatrics

When you're in demand as a parent, get the on-demand free support you need through Maven.

Get support with things like:

- Pediatrics
- Infant and child sleep coaching
- Navigating childcare option
- Pediatric nutrition and food allergies
- Tracking developmental milestones
- Behavioral challenges
- Managing your mental health and parental burnout



Top providers booked in the Parenting & Pediatric program include:

- Mental Health Providers
- Pediatric Sleep Coaches
- Pediatricians
- Lactation Consultants
- Parent Coaches

Menopause & Midlife Health

Gender-inclusive support you need with the convenience and compassion you deserve.

Get support with things like:

- Managing your mental health, mood swings, and brain fog
- Nutrition choices through menopause
- Identifying early menopause and perimenopause symptoms
- Understanding treatment options such as hormone or testosterone replacement therapy
- Communities to reduce isolation and empower members
- Pelvic floor strengthening exercises
- Career coaching



Top providers booked in the Menopause program include:

- OB-GYNs
- Nutritionists
- Mental Health Providers
- Wellness Coaches
- Sex Coaches
- Naturopathic Family Physicians

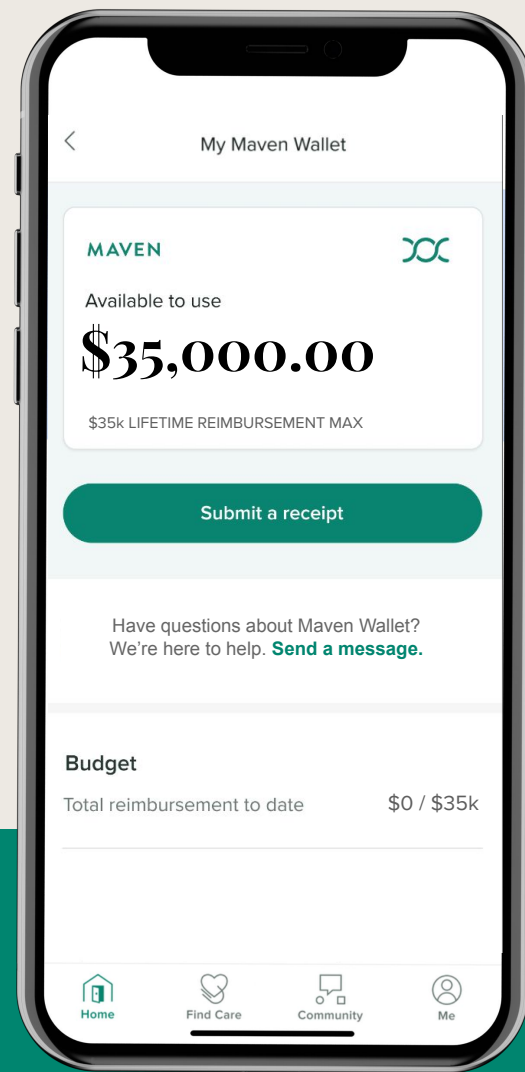
Maven Wallet

Easy-to-use, expense management solution for eligible adoption and surrogacy expenses


How it works:

- GT employee enrolls in Maven's Adoption or Surrogacy support track
- Employee then activates Maven Wallet in app
- Employee reviews the Wallet Program Overview to learn more about what expenses are eligible for reimbursement
- Employee uploads receipt for an eligible paid expense
- Maven reviews and approves expense
- Employee is reimbursed via payroll

GT's Maven Wallet program provides a **\$35K** lifetime maximum for eligible Adoption and Surrogacy expenses to both UHC-enrolled & medical opt-out employees



How to sign up for your
free Maven membership

< 


Welcome to Maven!

We're happy you're here.
Let's get your account set up.

First name

Last name

Personal email (name@example.com)

Password 

I consent to Maven processing in the U.S. all data I provide through this app, including sensitive data such as health information, so that Maven can provide services to me. In addition, by clicking Register, I acknowledge that I have read and agree to Maven's [Privacy Policy](#) and [Terms of Use](#).

I agree to receive articles, classes, and more via email-picked for me!

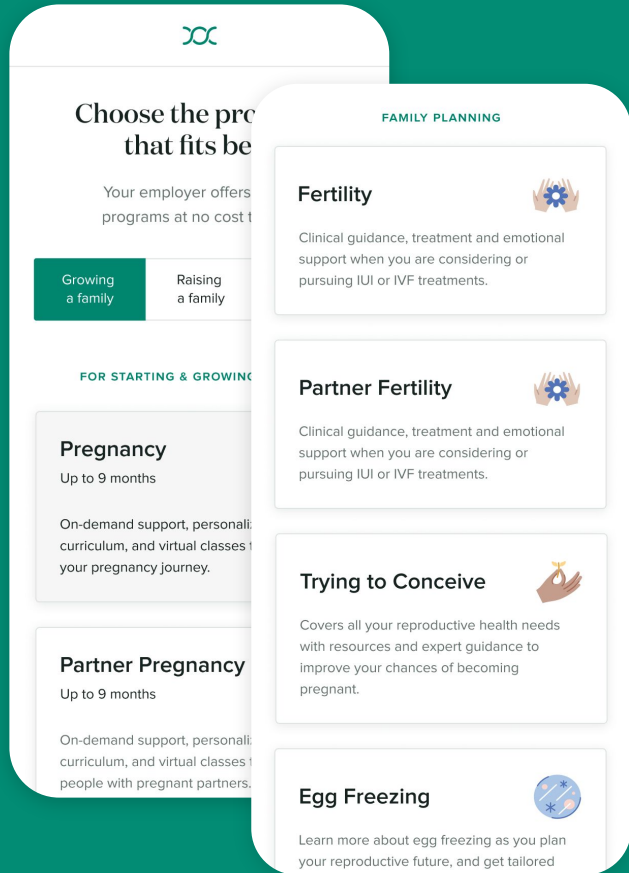
Register

1. Create your free Maven account and get verified

Go to mavenclinic.com/join/getsupport or register by downloading the Maven Clinic App.

Email support@mavenclinic.com if you need help signing up.





2. Choose a custom track that meets your and your partners' needs

Your partner will be prompted to use some of your information to validate their own membership when signing up.



3. Build your personal profile and get started today!

You can meet with your Care Advocate, message or visit with a provider, watch a class, or read an article right away.

Any questions?

24/7/365 support for
family building and family health

Download the Maven Clinic app or visit
mavenclinic.com/join/getsupport to enroll

Reach out to us at any time at
support@mavenclinic.com

Appendix

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Fertility & Family Building & Fertility Solutions Plus

24/7 support for questions big and small

Get on-demand support with:

- Preparing for trying to conceive
- Supporting your mental health while navigating fertility/family-building
- Exploring ways to optimize your health while trying to conceive
- Exploring options for all paths to parenthood including IUI, IVF, adoption, and surrogacy
- Exploring fertility preservation (egg/sperm freezing)
- Referrals to fertility nurses and Centers of Excellence with Fertility Solutions Plus*
- Managing reimbursements for eligible adoption & surrogacy expenses via Maven Wallet**

Example questions to ask

- What can my partner and I do to help optimize fertility when starting to try to conceive?
- How do I know if IUI or IVF is right for me?
- I didn't have trouble conceiving my first child. What should I know about secondary infertility?
- What should I expect during the adoption process? How do I decide between an open or closed adoption?
- What should I look for in a clinic/agency?



Maternity & Newborn Support

24/7 support for questions big and small

Maven providers can help you with:

- Building a birth plan
- Healthy eating during pregnancy
- Preparing for birth and postpartum
- Questions in between appointments with your OB-GYN
- Supporting your mental health during pregnancy and postpartum
- Breastfeeding
- Bottle feeding
- Infant sleep

Example questions to ask

- What can I do to advocate for myself and my baby before, during, and after birth?
- How can I support my partner/how can my partner support me during birth and postpartum?
- Is it normal to have anxiety while pregnant or after birth?



Parenting & Pediatrics

24/7 support for questions big and small

Maven providers can help you with:

- Beating parental burnout
- Pediatric mental health
- Career coaching
- Child sleep
- Handling tantrums
- Managing sibling dynamics

Example questions to ask

- How to I manage working parent guilt?
- How can I prepare for back-to-school?
- How can I support my child's mental well being?



Menopause & Midlife Health

24/7 support for questions big and small

Maven providers can help you with:

- Identifying early symptoms
- Finding out what treatment is right for you
- Exploring hormone replacement therapy
- Managing emotional and mental health
- Navigating menopause and midlife while working full time

Example questions to ask

- How does menopause affect chronic conditions?
- How do you know that menopause is starting?
- Should I get my hormone levels checked?

